

Child Care Health Consultation Lesson Plan

Contractor Name: Standard Lesson Plan "HALO" (submitted by Jefferson County)

Date Submitted: March 12, 2015

☐ **Children's Health Promotion**

**Adult Training on
Content Area V:
Health and Safety**

Health and Safety Standards

Training Levels

☐ Promoting Risk Management Practices

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5

☐ Protecting Children and Youth

Source:

Core Competencies for Early
Childhood and Youth Development
Professionals
(Kansas and Missouri), 2011

**Select one
standard and one
level**

☒ Promoting Physical Health

☐ Promoting Mental Health

☐ Promoting Healthy Eating

Title: Healthy Alternatives for Little Ones (HALO)

Training Goal: Participants will receive information on how to successfully implement the "HALO" program in their early childhood settings

Learning Objective(s): Participants will:

Recognize the importance of the HALO curriculum, participate in discussion and familiarize themselves with objectives of each unit, Describe key elements of the curriculum and be prepared to participate in evaluation component

Topical Outline of Content	Training Method(s)	Time (in minutes)
1. Introduction to HALO curriculum	Discussion	10
2. Introduction to HALO curriculum	DVD	5
3. Evaluation Component of HALO	Discussion	5
4. Evaluation Component of HALO	DVD	10
5. Unit 1 – "I am Special"	Discussion	5
6. Unit 2 – "I Can"	Discussion	5
7. Unit 3 – "Families"	Discussion	5
8. Unit 4 – "Communication"	Discussion	5
9. Unit 5 – "I Feel (Happy & Sad)"	Discussion	5
10. Unit 6 – "I Feel (Mad & Scared)"	Discussion	5
11. Unit 7 – "Healthy Bodies, Healthy Choices"	Discussion	5
12. Unit 8 – "Healthy Choices: No Harmful Drugs"	Discussion	5
13. Unit 9 – "Healthy Choices: Drugs Are Dangerous"	Discussion	5
14. Unit 10 – "Stress & Relaxation"	Discussion	5
15. Unit 11 – "Healthy Lifestyles: Healthy Eating"	Discussion	5
16. Unit 12 – "Healthy Lifestyles: Physical Activity"	Discussion	5
17. Example of how to lead a unit	DVD	15
18. Evaluation and Feedback	Discussion, Question and Answer	15
		2 hours

Method(s) of Outcome Evaluation: Question and Answer session; evaluation

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APPROVED FOR 2 CLOCK HOURS

Date Approved:
March 12, 2015

Authorized Approval Signature:



Date Expires:
March 2018